


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>HOT REGULAR MENU</u> <u>MARCH 2019</u>					1 Coconut Curried Cod Fish Yellow Rice California Blend Vegetables Orange Orange Pineapple Juice	2 Baked Breaded Chicken Brown Gravy Garlic Mashed Potatoes Steamed Carrots Fruit Cocktail Orange Juice
3 Spaghetti Turkey Meat Sauce Italian Blend Vegetables Steamed Spinach Apple Juice Pineapple Cups	4 Beef and Broccoli Brown Rice Oriental Blend Orange Pineapple Juice Pear	5 Chicken Legs with Stewed Tomatoes Smashed Potatoes Steamed Kale Orange Juice Fruited Jello	6 Pasta Primavera w/ Cheese Sauteed Asparagus Steamed Carrots Orange Juice Peaches Cups	7 Cranberry Chicken Corn Steamed Spinach Strawberry and Applesauce Cups Orange Pineapple Juice	8 Baked Tilapia Basil Cream Sauce California Blend Vegetables Red Potatoes Kiwi Orange Juice	9 Lasagna Rollettes Sauteed Zucchini Steamed Green Beans Apple Juice Fruit Cocktail Cups
10 Honey Mustard Chicken Breast Brown Rice Pilaf Steamed Peas and Carrots Mandarins Cups Orange Pineapple Juice	11 Hungarian Goulash Egg Noodles Broccoli and Red Peppers Apple Orange Juice	12 Arroz con Pollo Chicken Breast and Rice Steamed Peas & Carrots Apple Juice Tapioca Pudding	13 Beef Meatballs in Tomato Sauce Spaghetti Italian Blend Vegetables Fruit Cocktail Cup Orange Pineapple Juice	14 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello	15 Breaded Fish Tartar Sauce Pesto Pasta with Broccoli Prince Edward Blend Vegetables Apple Juice & Orange	16 Chicken Fricassee White Rice Steamed Carrots Pears Cup Orange Pineapple Juice
17 Coconut Tilapia Baked Red Potato Wedges Carrots and Raisins Orange Juice Peaches Cup	18 Stewed Beef Mixed Vegetables Smashed Potatoes Apple Juice Orange	19 Spanish Chicken Cuban Style Brown Rice Steamed Green Beans Apple & Orange Pineapple Juice	20 Roast Beef Baked Potatoes Steamed Peas and Carrots Apple Orange Pineapple Juice	21 Baked Breaded Chicken Cutlet Beets and Baby Carrots with Dill Mashed Butternut Squash Apple Juice	22 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice	23 Chicken Parmesan Spaghetti California Blend Vegetables Applesauce Orange Juice
24 Lasagna Rollettes Carrots & Steamed Broccoli Apple Juice Mandarins Cups	25 Meatballs Brown Gravy Pasta & California Blend Vegetables Apple & Orange Pineapple Juice	26 Oven Fried Chicken Red Potatoes Steamed Green Beans Applesauce Orange Juice	27 Sofrito Steak Brown Rice Carrots Apple Juice Banana	28 BBQ Chicken Baked Potatoes Boiled Southern Greens Orange Juice Pear	29 Baked Fish with Zucchini Pasta w/Sweet Peas Steamed Broccoli Orange Orange Pineapple Juice	30 Salisbury Steak w/ Mushroom Sauce California Blend Vegetables Mashed Potatoes Apple Juice Mandarins Cup
31 Baked Ziti with Whole Wheat Pasta Steamed Carrots Steamed Green Beans Applesauce Orange Pineapple Juice	**Some menu items may be subject to change based on availability Meals All come with Whole Wheat Bread, 1% Milk (8oz), Trans Fat Free Margarine, & Vitamin C Enriched fruit juice					